



Suggested Meeting Format. 1 hour.

Chair:

- Share Mar-Anon-related announcements
- Chair asks if there are any newcomers. The group says hello, welcomes newcomers, and recommends they sign up for the Google group if they haven't already yet, which is located on the front page of Mar-Anon.com and says 'join Mar-anon google group'.
- Ask newcomers to stay after the formal meeting so we can answer any questions you may have
- To contact a person outside of the meeting, email us at maranon.group@gmail.com
- Moment of silence followed by the Serenity Prayer (for all those who care to):
"God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference."

Welcome to Mar-Anon/Preamble

Many times, we have heard: "It's just pot - what's the problem"? Confusion and self-doubt ensue. We spin between the belief that marijuana is harmless and our own conviction that something is wrong in our relationship with a loved one. We can feel isolated. We can even feel like we are going crazy.

Dealing with someone's addiction can be a painful struggle but also creates opportunities. While we have found that we cannot change others, we can transform ourselves and create more serenity, clarity, and happiness in our lives.

Mar-Anon Family Groups are fellowships of those affected by another person's marijuana use. We share our experiences and strength and hope so that we may solve our common problem. We believe marijuana addiction is a family illness and that changed attitudes can aid recovery. Mar-Anon is not affiliated with any religious or secular institution, political entity, or organization. Mar-Anon does not engage in any controversy and has no opinion on any outside issues or causes.

There are no dues for membership in Mar-Anon Family Groups; we are self-supporting through our voluntary, tax-deductible donations. At in-person meetings, a donation basket is traditionally passed around. Please consider visiting our website to make a monthly donation. Donations pay for our non-profit fees and the annual convention.

Mar-Anon's primary purpose is to help those affected by another person's marijuana use. We can do this by practicing the Twelve Steps; by welcoming, comforting, supporting other group members; and offering empathy and encouragement.

We ask that you share your **experience, strength, and hope**. Please keep your share under 5 minutes and keep the focus on yourself. The chair may give you a signal or wave at you to wrap up your share if you've gone over your time.

We commit to each other the confidentiality protections for all we hear in these meetings.



Online Etiquette (*skip if meeting in person*):

- Our etiquette needs to be the same as if we were meeting in person
- Please give the speaker your full attention
- Please keep yourself muted unless you are sharing, greeting, or reading the prayer with the group
- To provide a nonjudgmental and safe space for sharing, there will be no online chats at our meeting
- Host may mute or turn your video off if they feel you are disrupting or distracting from the meeting

Twelve Steps

These Twelve Steps, adapted from Marijuana Anonymous, can be a powerful, life-changing tool for those who work them. Opening our hearts and minds and having a willingness to work towards a spiritual awakening is the key to recovery. We've found that our old way of life no longer works for us. Here are the suggested Twelve Steps for Mar-Anon:

1. We admitted we were powerless over marijuana and that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God/Higher Power, as we understand God/Higher Power.
4. Made a searching and fearless moral inventory of ourselves.
5. Admit to this Higher Power, ourselves, and another human being the exact nature of our wrongs.
6. Were entirely ready to have our Higher Power remove these defects of character
7. Humbly asked our Higher Power to have our shortcomings removed.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when doing so would injure them or others.
10. Continued to take personal inventory and, when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with our Higher Power, praying only for knowledge of our Higher Powers' will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others and practice these principles in all our affairs.



The Twelve Traditions of Mar-Anon

These guidelines have promoted harmony and growth in many Twelve Step programs. Experience suggests that the unity of the group depends upon adherence to these Traditions.

(Adapted from Marijuana Anonymous)

1. Our common welfare should come first; personal recovery depends upon Mar-Anon unity.
2. For our group purpose, there is but one ultimate authority, a loving Higher Power whose expression may come through in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for membership is to be affected by another's marijuana use.
4. Each group should be autonomous except in matters affecting other groups or Mar Anon as a whole.
5. Each group has but one primary purpose, to those affected by another's marijuana use.
6. Mar-Anon groups ought never to endorse, finance, or lend the Mar-Anon name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every Mar-Anon group ought to be fully self-supporting, declining outside contributions.
8. Mar-Anon should remain forever nonprofessional, but our service centers may employ special workers.
9. Mar-Anon, as such, ought never to be organized, but we may create service boards or committees directly responsible to those they serve.
10. Mar-Anon has no opinion on outside issues; hence the Mar-Anon name ought never to be drawn into public controversy.
11. Our public relations policy is based upon attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, TV, film, and other public media. We need to guard with special care the anonymity of all fellow Mar-Anon members.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.



Obstacles to Success (adapted from Al-Anon)

All Mar-Anon discussions should be constructive, helpful, loving, and understanding. In striving toward these ideals, we avoid topics that can lead to dissension and distract us from our goals.

Three obstacles to success are:

1. Discussion of Religion

Mar-Anon is not allied with any sect, denomination, or creed. It is a spiritual program based on no particular form of religion. Everyone is welcome.

2. Gossip

We aim to help ourselves, and others learn to use the Mar-Anon philosophy. Gossip has no part in our program. Our dedication to anonymity gives people confidence in Mar-Anon.

3. Dominance

Our leaders are but trusted servants; they do not govern. Therefore, no member of Mar-Anon should direct, assume authority or give advice. Our program is based on suggestion, interchange of experience, and rotation of leadership. Each person makes progress in his or her own way and pace.

Cross-Talk

Mar-Anon meetings are different from group therapy sessions or open discussions. To keep Mar-Anon a safe place to share, we ask that you follow a few guidelines:

- Please avoid crosstalk (talking directly to or giving advice to another member)
- Please do not interrupt or talk over someone
- Address the group as a whole rather than creating a dialogue with individual members
- If you wish to respond personally to what someone has said, we suggest that you speak with them after the meeting has closed
- If you want to share contact information, please email maranon.group@gmail.com
- Please consider including one or two things that help you feel better, in your share. Let's share our **strengths and hope** in addition to our experiences to help ourselves and others
- Take what you like and leave the rest

Your cooperation in keeping this meeting safe is appreciated. It helps protect the unity and survival of the group. If this is new to you, try to keep an open mind.

Chair: Introduce a topic for the meeting. This could be a reading, a step, a tradition, or anything that fits the group's purpose.



Do's and Don'ts (adapted from Al-Anon)

- Don't take your loved one's choices or behavior personally
- Don't try to manipulate or control your loved one
- Don't allow yourself to get stuck in a contemptuous or bitter mindset
- Do keep the focus on yourself
- Do take care of yourself physically, emotionally, and spiritually
- Do try to understand the nature of addiction as a disease
- Do attend open Marijuana Anonymous meetings and read their literature
- Do attend Mar-Anon meetings and read their literature
- Do contact Mar-Anon

Closing

[Read the letter: I am Addicted to Marijuana, I need your help](#)

Our time is up – thank you to everyone for joining us. Please remember that the things you heard spoken here are confidential. Any opinions shared belong to those who shared them. Whatever your challenges are, know that you are not alone, and others who share your story have discovered hope and serenity. And, most of all, **KEEP COMING BACK! IT WORKS!**

Will all those who care to join me in the Serenity prayer:

“God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.”